




The 2002-2003 President's Challenge

Physical Activity and Fitness Awards Program

Featured in this packet
are the following 2002-2003
President's Challenge Materials:
Now you can choose from any
of our three program areas!

★ Active Lifestyle Program

 Includes new Presidential Adult Active Lifestyle Award. Parents, teachers, and all adults can now earn their own Presidential Adult Active Lifestyle Award.

★ Physical Fitness Program

★ Health Fitness Program

(Administer one or all three)

Also enclosed in the packet is a
new President's Challenge poster.
This brochure is available in Spanish.



Check it out! Five awesome awards you could earn!



A program of the President's Council on Physical Fitness and Sports,
U.S. Department of Health and Human Services
www.fitness.gov

ACTIVE LIFESTYLE

PHYSICAL FITNESS

HEALTH FITNESS

**Active
Lifestyle
Program**

**Physical
Fitness
Program**

**Health
Fitness
Program**

Contents

Message from President George W. Bush	1
Message from the President's Council on Physical Fitness and Sports	1
Program Overview	2-4
Demonstration Center Program	5
ACTIVE LIFESTYLE	
Instructions for the Active Lifestyle Program	6-14
Resources	15
PHYSICAL FITNESS	
Instructions for the Physical Fitness Program	16-19
Qualifying Standards	20
State Champion Physical Fitness Entry Form	21
State Champion Physical Fitness Record	22
HEALTH FITNESS	
Instructions for Health Fitness Program	23
Body Mass Index	24
Items Offered with the President's Challenge Program	25
How to Order	26
President's Challenge Program Order Form	27
President's Challenge Award T-Shirts	28
Official President's Challenge Software	Inside Back Cover

Special thanks to Dr. Bob Pangrazi who made the PALA and the adult companion, the PAAL, operational, attractive, and feasible for implementation. Thanks to Dr. Don Franks and Dr. Bob Pangrazi for preparing the *Adult Get Fit!* to help Americans reach a more healthy and fit status.



Printed on Recycled Paper.



THE WHITE HOUSE
WASHINGTON

May 17, 2002

I send greetings to everyone taking part in the President's Challenge Physical Activity and Fitness Awards Program.

The President's Challenge helps our young people learn the importance of physical fitness. Through this program, young people can acquire skills to increase their endurance, strength, and flexibility while receiving recognition for their efforts and accomplishments. By developing good health habits that last a lifetime, our youth can become productive and fulfilled adults.

Obesity is an epidemic among American youth. Cardiovascular disease and type 2 diabetes, once considered health problems associated with older age, are now often seen in children. In most cases, these disorders are directly related to inactivity and poor nutrition. Research consistently shows that to remain healthy and fit, elementary age children need at least 60 minutes per day of moderate exercise. Middle and high school age students need at least 30 minutes per day.

This year, adults can earn a Presidential Adult Active Lifestyle (PAAL) Award in conjunction with young people who are striving to earn a Presidential Active Lifestyle Award (PALA). I encourage adults to set a healthy example for young people. I commend all those making a significant difference in the well-being of boys and girls and improving the quality of life for all our citizens.

Laura joins me in encouraging all Americans to stay fit.



THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

The President's Council on Physical Fitness and Sports is proud and honored to strengthen its longstanding awards program which encourages, supports, and serves as a catalyst for youth fitness. The *President's Challenge Physical Activity and Fitness Awards Program* is offered to schools, clubs, and community recreation groups seeking to help our nation's children be physically active and fit. Designed to complement existing health and physical education curricula, it has been used by thousands of instructors for almost four decades. Over the years, millions of young Americans have learned to become physically active and stay fit through this program.

An active lifestyle that builds healthy hearts, bones and muscles is important to the overall well-being of children and adolescents. It can help to control weight and reduce fat, as well as provide cognitive and emotional benefits. Yet, physical education is on the decline in our nation's schools, and many of our youth do not participate in physical activity on a regular basis.

The President's Challenge is an educational and motivational recognition tool to assist those who care about our children's health. Through the program, children learn to develop cardiovascular endurance, strength, and flexibility, as well as have fun participating in their favorite or new activities on a regular basis. As a bonus, they earn recognition from the President of the United States for their accomplishments in fitness and activity. The program offers five different award categories and is easy to administer, requiring minimal time and equipment. An instruction booklet and poster are provided free of charge, and there is only a nominal cost for the awards themselves.

We hope that you as educators and parents share our philosophy that all students deserve to be healthy and fit and that there is a definitive role for this in the total education program. Therefore, I encourage all parents and leaders from various fields – education, community programs, etc. – to serve as role models to our youth through the new companion to the youth Presidential Active Lifestyle Award (PALA) by earning their own adult award, the Presidential Adult Active Lifestyle (PAAL) Award. You can learn more about all of the *President's Challenge Physical Activity and Fitness Awards Program*, find diverse general fitness information and links to other physical activity/fitness resources on the following websites: <http://www.indiana.edu/~preschal>, <http://www.fitness.gov> and <http://www.indiana.edu/~preschal>.

Please join us in our efforts to reverse the epidemic of physical inactivity. We cannot afford to let any of our youth grow up without strong bodies and positive health and fitness habits. The vitality and success of our nation in the future will be synonymous with the vitality and success of each generation of our youth.

Sincerely,

Lynn C. Swann
Chair

Dorothy G. Richardson
Vice Chair

Lisa E. Oliphant
Executive Director

HUBERT H. HUMPHREY BUILDING
ROOM 738H • 200 INDEPENDENCE AVENUE, S.W. • WASHINGTON, D.C. 20201
PHONE: 202-690-9000 FAX: 202-690-5211

Join one of our e-mail lists

Fitnessisfun!

This e-mail will keep you informed on The President's Challenge, activities of the President's Council on Physical Fitness & Sports, and on current topics in health and fitness.

PCPFS Research Digest

The PCPFS Research Digest is a quarterly publication that discusses current research in the field of physical activity and fitness. The Research Digest is now available in a downloadable version from The President's Challenge website. This e-mail will notify you when the current issue of the Research Digest is available on the website.

To subscribe or unsubscribe go to
[http://www.indiana.edu/~preschal/
resource/emaillists/subscribe.shtml](http://www.indiana.edu/~preschal/resource/emaillists/subscribe.shtml)

For information on
any of our three
programs visit
The President's
Challenge Website

The President's Council on Physical Fitness and Sports

Website Address
www.fitness.gov

The President's Challenge

E-mail Address
preschal@indiana.edu

Website Address
<http://www.indiana.edu/~preschal>

Program Overview

The President's Challenge is the Physical Activity and Fitness Awards Program of the President's Council on Physical Fitness and Sports (PCPFS). One of the primary purposes of the President's Challenge has been to motivate children and youth, ages 6-17, to begin and continue an active lifestyle leading to enhanced physical fitness. Starting with the Presidential Physical Fitness Award (PPFA) in 1966, this program has motivated and rewarded millions of youth. This year for the first time we are also offering adults an opportunity to earn an award based on their amount of physical activity. Our goal is that teachers and youth with different skills, interests, and objectives will be able to find an appropriate award to recognize everyone.

The President's Challenge currently consists of **three distinct program areas**. These areas and their corresponding awards are outlined below and described in more detail on pages 6 through 25.

Active Lifestyle

The Active Lifestyle Program offers the Presidential Active Lifestyle Award (PALA) and its new companion the Presidential Adult Active Lifestyle Award (PAAL to the PALA) to recognize those youth and adults who participate regularly in physical activity.

The Presidential Active Lifestyle Award (PALA), rewards an active lifestyle. The PALA is an embroidered blue presidential emblem and a certificate signed by the President of the United States. Youth who are active for 60 minutes per day, five days per week, for six weeks are eligible for this award. They are encouraged to repeat their participation throughout the year, earning a series of stickers placed on the certificate indicating the number of times the award has been won.

The Presidential Active Lifestyle Award is based on the latest research indicating that youth should engage in regular physical activity for a minimum of sixty minutes per day. Active individuals of all ages derive the benefits of enhanced health and fitness. This award is different because it directly reinforces an active lifestyle itself rather than fitness outcomes.

The Presidential Adult Active Lifestyle Award (PAAL), rewards an active lifestyle for parents and other adults who are active on their own and/or with children and youth. The PAAL is an embroidered blue presidential emblem, with ADULT embroidered above the eagle, and a certificate signed by the President of the United States. Adults who are active for 30 minutes



per day, 5 days per week, for six weeks are eligible for this award. They are encouraged to repeat their participation throughout the year, earning a series of stickers placed on the certificate indicating the number of times the award has been won.

Physical Fitness

The Physical Fitness Program consists of a five-item test battery. The test battery consists of Curl-Ups or Partial Curl-Ups, Shuttle Run, Endurance Run/Walk, Pull-Ups or Right Angle Push-Ups, and the V-Sit Reach or Sit and Reach. The following three award levels are offered for this program.

The Presidential Physical Fitness Award (PPFA), recognizing an outstanding level of physical fitness.

The PPFA consists of an embroidered blue Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of the physical fitness test are eligible to receive the award. **Emblems are numbered to correspond with the total number of times the award is earned.** An emblem without a numeral also is available.



The National Physical Fitness Award (NPFA), now in its 13th year, for youth achieving a basic, yet challenging level of physical fitness.

The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items of the physical fitness test are eligible to receive this award. The award consists of an embroidered red emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: youth who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School Population Survey shows 0 scores for 6-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)



The Participant Physical Fitness Award (PA), now in its 11th year, for youth whose scores fall below the 50th percentile on one or more of the test items.

The Participant Award recognizes boys and girls who attempt all five items of the physical fitness test but



whose scores fall below the 50th percentile on one or more of them. Youth are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.

Health Fitness

The Health Fitness Program recognizes those who meet a "healthy level of fitness." This program consists of five items, including a body mass index (BMI) calculation.

The Health Fitness Award (HFA), now in its seventh year, for youth who reach a healthy level of fitness.

The Health Fitness Award (HFA) recognizes youth who achieve a healthy level of fitness. As with the physical fitness awards, the Health Fitness Award is given based on the results of a five-item assessment including Body Mass Index (BMI). BMI is an easy way, based on height and weight, to estimate body composition without actually measuring body fat. Youth are



eligible to receive an embroidered grey emblem and/or certificate signed by the President of the United States.

The PCPFS recommends that the assessment battery be used as a part of a fitness education program. Additional tests of health and fitness, such as blood pressure, posture checks, and height/weight can be used to supplement The President's Challenge Program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans. These tests should be administered at the end of a fitness unit in which youth learn the reason for the tests and are prepared to take the test items. Teachers may want to evaluate youth at the beginning of the year to provide a baseline for them. **It is important that youth be given preparation for taking the tests whenever they are given.** Before conducting The President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

The President's Challenge Physical Fitness test battery (see page 16) is based primarily on data from the 1985 PCPFS National School Population Fitness Survey conducted for the PCPFS by the University of Michigan Institute for Social Research. Standards for some of the test item options are derived from other sources, including

the Amateur Athletic Union Physical Fitness Program and the Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.**

Wise use of the various aspects of the President's Challenge can benefit individuals, schools, and states.

Individuals

- Lower risk of health problems
 - Active Lifestyle for youth (PALA) and new for adults (PAAL)
 - Participation in fitness testing (PA)
 - Healthy levels of fitness (HFA)
- Increased fitness levels
 - Basic fitness levels (NPFA)
 - High levels of fitness (PPFA)

A school can become:

- Physical Activity and Fitness Demonstration Center
- Active Lifestyle Model School
- Physical Fitness State Champion

A state can recognize and be recognized for:

- Physical Activity and Fitness Demonstration Center
- Active Lifestyle Model School
- Physical Fitness State Champion

Schools are encouraged to administer these program(s) to youth at **every** grade level. If that is not possible, the PCPFS recommends that school systems decide on specific grade levels (e.g., grades 4, 7, and 10) at which **all** youth in the system will be carefully evaluated.

For additional information please write the PCPFS:

PCPFS, 200 Independence Avenue,
S.W., Room 738H,
Washington, DC 20201.

General PCPFS line: 202-690-9000.

Fax: 202-690-5211.

Web site address:

www.fitness.gov

For program information and inquiries:

E-mail address:

preschal@indiana.edu

Web site address:

<http://www.indiana.edu/~preschal>

Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical education program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Activity and Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been prepared to permit boys and girls with disabilities, ages 6-17, not only to be acknowledged for their achievement, but to qualify for the Presidential Active Lifestyle Award, the



Presidential, National, or Participant Physical Fitness Awards, or the Health Fitness Award in The President's Challenge Physical Activity and Fitness Awards Program.

Teachers, or fitness leaders, may decide that **other students, without identified disabilities, also need accommodations in one or more of the test categories or awards.** Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors, using their professional judgement, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.

These Modifications Apply to All Awards

Guidelines for Qualifying Students with Disabilities for the Presidential Active Lifestyle Award; Presidential, National, Participant Physical Fitness Awards; or the Health Fitness Award.

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items for the Physical Fitness Awards program or the Health Fitness Award program, **making needed modifications or substituting alternative test items for the individual, or has modified any of the requirements for the Presidential Active Lifestyle Award program** (i.e., modification of time requirements or number of steps).
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award and/or the Presidential Active Lifestyle Award.



Physical Activity and Fitness DEMONSTRATION CENTER Program

The President's Council on Physical Fitness and Sports (PCPFS) in conjunction with the President's Challenge Program are now offering schools the opportunity to become Physical Activity and Fitness Demonstration Centers. This program is provided as a means for recognizing the important role that individual teachers, administrators, and schools play in our effort to **Get Kids Fit and Active!**

What is a Physical Activity and Fitness Demonstration Center?

A Demonstration Center school is one that includes a clear emphasis on physical activity and fitness within its physical education program. It can be any elementary or secondary school whose students

- Participate in at least 60 minutes of physical activity daily, including activities in and out of school
- Receive instruction on the importance of physical activity and fitness
- Learn to be active in safe and healthful ways
- Are taught a variety of sport skills that can be used to facilitate an active lifestyle in their adulthood
- Have the opportunity to earn any of the President's Challenge Awards (optional)

These schools are available for observation by teachers, administrators, parents and community members.

Why be a Demonstration Center School?

Your school can showcase the physical activity and fitness elements of a quality physical education



program. Your school will serve as a model for others interested in developing these areas as well as providing service to your community.

If your school is selected as a Demonstration Center you will receive a banner to fly outside your school, a certificate of recognition from the PCPFS, a congratulatory letter from the PCPFS, and a listing on the President's Challenge website.

How do you become a Demonstration Center School?

Once you feel your school is eligible to become a Demonstration Center, you can obtain an application form from our Demonstration Center website. On this site you will find a listing of the criteria, an application form for becoming a Demonstration Center, and contact information for the State Coordinator in your state. Once you fill out the form simply send it to your State Coordinator for approval. Your State Coordinator may wish to contact you with questions or possibly make a site visit before approval. A list of coordinators for every state can be found on the Demonstration Center website listed below.

Demonstration Center Website
www.indiana.edu/~preschal/demonstrationcenters.shtml

Physical Activity and Fitness HONOR ROLL Schools

After serving as a Demonstration Center for a period of three years, schools may apply to become a Physical Activity and Fitness Honor Roll School. Honor Roll schools are those who have served as Demonstration Centers for three years and still exemplify all of the characteristics of the Demonstration Center School criteria. Honor Roll schools will receive a special certificate signifying their tenure and be recognized on the President's Challenge website.

Instructions for the Active Lifestyle Program

Presidential Active Lifestyle Award (PALA)

Importance of Physical Activity

The President's Council on Physical Fitness and Sports last year announced the Presidential Active Lifestyle Award. Physical activity is one of the most important behaviors to ensure one's health and well-being throughout life. The President, Surgeon General, and professional organizations, such as the American Heart Association, American Association of Pediatrics, and the American College of Sports Medicine, all strongly support an active lifestyle beginning at a young age. For example, the Secretary of the U.S. Department of Health and Human Services stated in the preface to the Surgeon General's Report on Physical Activity and Health: "Its [SG report] key finding is that people of all ages can improve the quality of their lives through a lifelong practice of moderate physical activity." In addition, physical activity is one of the top ten leading health indicators identified in the Healthy People 2010 goals for the nation. The specific physical activity and fitness goals for Healthy People 2010 include daily physical activity and regular strengthening, stretching and aerobic activities for all ages.

The health benefits of regular physical activity have been emphasized in many ways, such as the Healthy People 2010 Health Goals for the Nation:

The 1990s brought a historic new perspective to exercise, fitness, and physical activity by shifting the focus from intensive vigorous exercise to a broader range of health-enhancing physical activities. Research has demonstrated that virtually all individuals will benefit from regular physical activity. A Surgeon General's report on physical activity and health concluded that moderate physical activity can reduce substantially the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. (HP 2010, 22-3).

Much of the research on physical activity has demonstrated the health benefits derived in the adult years, however, it is recognized that an active lifestyle should begin early in life.

The health benefits of moderate and vigorous physical activity are not limited to adults. Physical activity among children and adolescents is important because of the related health benefits (cardiorespiratory function, blood pressure control, and weight management) and because a physically active lifestyle adopted early in life may continue into adulthood. (HP 2010, 22-23).

Need for Physical Activity Now

In spite of the increased public awareness of the importance of physical activity, there are some alarming trends in our nation's schools. Physical education has been drastically reduced across the nation in the past two decades. In addition, obesity and diabetes among children and adolescents is increasing while the amount of walking and bicycling is decreasing—increased academic demands, increased hours spent in sedentary activities (e.g., watching TV), and decreased opportunities for activity in schools and communities have resulted in children and youth becoming less active.

Sports continue to be an important part of the American culture, so there are many opportunities for youth who are athletically gifted. However, many children do not have the ability or interest to participate at elite levels. These children and youth need to be encouraged to find enjoyable activities that can make ongoing contributions to their quality of life.

Achieving high levels of physical fitness has motivated many children and youth to work hard to maintain their fitness. However, because there is a substantial genetic component for each of the physical fitness components, large numbers of children and youth will never be able to achieve the highest levels when tested on fitness test items.

The President's Council on Physical Fitness and Sports will continue to support participating in sports and maintaining one's physical fitness. The purpose of the PALA is to recognize all individuals who perform moderate to vigorous physical activity almost every day. The emphasis of this award is to acknowledge lifestyle activity such as walking, biking, and raking leaves and teach all youngsters to include these activities, along with physical education and sports, in their daily patterns of life.

Definition of Physical Activity¹

The goal of the **Presidential Active Lifestyle Award** is to acknowledge children and youth who demonstrate an active lifestyle. **Physical activity** is an umbrella term that covers all types of activity. It is defined as "any bodily movement produced by skeletal muscles that results in energy expenditure." In practical terms, it implies moving using large muscle groups as contrasted to sitting or lying down. Lifestyle activities for children and youth include active play and games involving the large muscles of the body. Climbing, tumbling, and other activities that require lifting the body or relocating the body in space are desirable activities when they can be performed safely. Physical activity for children is typically intermittent in nature rather than continuous for long periods of time without stopping. Lifestyle activities also include other daily activities such as walking to school and doing chores around the home.

¹Pate R, et al.: Physical activity and public health. *Journal of the American Medical Association* 273(5):402-407, 1995.

Physical activity is an umbrella term that covers all types of activity. It is defined as “any bodily movement produced by skeletal muscles that results in energy expenditure.”

When children reach the middle school years, lifestyle activity may become more structured as group activities become important to them. Youth are much more capable of continuous activity and are often willing to become involved in structured activities. Again, the key is large muscle movement as opposed to sitting or lying down. Activities such as playing video games do not qualify for lifestyle activity because large muscle groups are not used to move the body.

Basis for Award

The PALA was developed to recognize those children and youth who begin and continue regular physical activity as a part of their lives in school and at home. Although daily physical activity will help improve the components of physical fitness (which are the basis for other awards in The President’s Challenge), establishing an active lifestyle receives direct recognition through this award.

Characteristics of the PALA Award

The characteristics of the PALA are designed to motivate children and youth to begin and maintain physical activity as a regular part of their lifestyle:

Based on Research Findings. A minimum of 60 minutes of physical activity or an accumulation of 11,000 pedometer steps for girls or 13,000 steps for boys per day is the standard for a healthy base. This activity should be accumulated at least 5 days a week.

Choice. Participants may choose any activities that are fun and enjoyable.

Everywhere. The activities can be done in school, at home, in parks, or any other place where one can be active.

Social Environment. The activities can be done alone, with family, with friends, or as part of a team.

Challenge. Participants may pick activities that are highly competitive, require cooperation with others, or something just for fun.

Success. Every child or adolescent can receive this award through her or his own effort. It is not dependent on a set

level of skill or fitness, nor on what others do or don’t do. There could be 100% success rate.

Requirements for PALA Award

The requirements for the PALA are simple, yet they can lead to improved health status for many children and youth.

Type of Activity. Any activity that causes all or most of the body to move, resulting in increased heart rate and breathing, can be chosen. Activities can be done alone, in physical education classes, on a sports team, or with friends or family.

A pedometer measures the number of steps taken during the day.

Amount of Activity. There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 60 minutes of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. A pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and 13,000 steps for boys. (*Pedometers are available from The President’s Challenge — See page 25*)

Frequency. Five days a week is the minimum standard for the award.

Number of Weeks. Six weeks of five days per week is the standard for the award.

Earning Additional PALA Awards

The participants are encouraged to continue earning additional awards by repeating 60 minutes of activity or meeting the pedometer step count goal, 5 days per week, for 6-week periods. Stickers placed on the certificate indicate the number of times that the award has been earned during the year.

How to Implement the PALA Award

This award is designed to be used in many settings by teachers, parents, recreation leaders, and others working with children and adolescents.

Explain the Goal of the Program. It is important that the participant understand why physical activity is important. In addition, the goal of the award should be shared with other teachers, parents, and recreation leaders.

Explain the Requirements. The following requirements are easily understood:

- Physical Activities recorded
- 60 min. per day or 11,000 pedometer steps for girls or 13,000 steps for boys
- 5 days per week
- 6 weeks
- Weekly signatures of participant. Final signature of supervising adult attesting to qualification

Complete Activity Log. The activities can be recorded in a log (see sample on page 10), or a form can be downloaded from the web site:

www.indiana.edu/~preschal/palaform.pdf

You can now keep track of your physical activities on our website using our online fitness locker. To open your locker go to www.indiana.edu/~preschal.

Awards. The awards include a certificate, a patch, and a sticker for each six weeks. A special sticker is available for winning five awards in one year.

Submit Order Form for Awards. The order form (see page 27) should be completed and sent to the address shown there. Participants **should not** be asked to pay for their own award.

Implementation Tips

There are many ways that you can encourage children to begin and continue physical activities. **Adults should be positive and active role models by earning their own PAAL.** Let children *choose* activities that they *enjoy*. Include activities that can be *easily done* without others or equipment. Encourage *outdoor* activities. Participation in *all activities* should be counted. Some children and youth will find it easier to be active at the *same time each day*, and to *record the day's activities* at the end of the day. When possible, distribute the *awards in a public setting* to give wide recognition to those who have been active for six weeks.

Qualifying Standards for the Presidential Active Lifestyle Award (PALA):

- Complete at least **60 minutes** of physical activity each day or 11,000 pedometer steps for girls or 13,000 steps for boys
- **Record activity** on log sheet
- Be active at least **5 days each week**
- Verify by signing log each week
- Continue being active for **six weeks**
- Ask **supervising adult** to review and verify activity by signing the application form
- Complete and submit **application** for PALA (see page 27 for order form)

A sample log follows. Blank log sheets that can be copied for the students are on page 10, or can be printed from the web site: www.indiana.edu/~preschal/palaform.pdf.

Setting Personal Activity Goals

Children and youth like to see personal accomplishment as evidenced by reaching personal goals. When goals are reached, the resulting positive feelings lead to increased self-esteem related to physical competence. The best goals are those youngsters set for themselves. These goals should be specific, offer personal challenge, and be self-referenced (not compared to others). A few key points when helping students set personal activity goals.

- Help youngsters set realistic goals.** The best goals are slightly out of reach so students think they can reach them with requisite effort. Failing to reach a goal is discouraging, so students should be given guidance to assure reaching the goal is possible.
- Set short-term goals.** Children and youth live for the moment. Goals must be meaningful and able to be reached in the near future. If a goal is reached, another can always be set.
- List the goal in written form.** Teach students to write their goals and put them in a place where they can see them every day. A goal should list the desired behavior needed to signal accomplishment of the goal. The goals should be simple and restricted to one major behavior.

The following are some examples of activity goals:

- "I will play soccer with my friends for 60 minutes each day for one week."
- "Each week, I will increase my activity time by 5 minutes until I reach 60 minutes a day."
- "Each week, I will spend two days practicing a new activity I want to learn (rope jumping)."
- "I will put on my pedometer first thing in the morning and take it off before I go to bed. I will gather 11,000 steps today."

Pedometer Goal Setting Option for Earning the PALA Award

As an option for those who may not currently be able to perform the required number of steps per day we offer the following goal criteria. This option is designed to gradually increase the number of steps per day for the first three times that the PALA is earned.

	Males	Females
1st Six Weeks	11,000 steps	9,000 steps
2nd Six Weeks	12,000 steps	10,000 steps
3rd Six Weeks	13,000 steps	11,000 steps
Continue at this level		



What is the Presidential Active Lifestyle Award (PALA)?

The **Presidential Active Lifestyle Award** is an award you can earn by keeping track of any physical activity that you do. By earning this award you can learn the good habit of keeping active every day. Being physically active makes you healthy, gives you energy, and is just plain fun. Here's how to do it!

How to Earn this Award

(Follow these steps . . .)

There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 60 minutes of physical activity. This activity can be done at one time for 60 minutes or the minutes of activity can be accumulated in shorter segments throughout the day. Another way to measure your activity is to use a pedometer. The pedometer measures the number of steps taken during the day. The number of pedometer steps that must be reached anytime throughout the day is 11,000 for girls and 13,000 for boys.



You may do many different types of activity, but you must gather 60 minutes of activity or enough pedometer steps at least 5 days per week.



Record your activity (or steps) every day for six weeks on the form provided. You can photocopy this form or you can download additional copies of this form from our website at www.indiana.edu/preschal/palaform.pdf



At the end of each week verify your log by signing your name.



When you have completed all six weeks, fill out and have supervising adult sign the verification on this page.



Congratulations! You have earned the **Presidential Active Lifestyle Award**.

Directions for Recording Physical Activities

Example

Week 1	Activities	# Minutes or Pedometer Steps
Monday	Rode Bicycle, Skate Board	70
Tuesday	Pedometer	13,050
Wednesday	Dance Lessons, Walk the Dog	75
Thursday	Pedometer	11,177
Friday	Roller Blading, Street Hockey	65
Saturday	Scooter Riding, Soccer	75
Sunday	Went to Park w/family, Karate Lessons	60
Participant Signature		Date

Other activities that count might include any teams that you play on, active games with your friends or any other activity that takes effort.

Pedometer Goal Setting Option for Earning the PALA Award (See description on page 8)

	Males	Females
1st Six Weeks	11,000 steps	9,000 steps
2nd Six Weeks	12,000 steps	10,000 steps
3rd Six Weeks	13,000 steps	11,000 steps
Continue at this level		

For more information about the **Presidential Active Lifestyle Award** visit our website at:

www.indiana.edu/~preschal

To download additional copies of this form go to www.indiana.edu/~preschal/palaform.pdf

Verification

I would like to submit my form for the **Presidential Active Lifestyle Award**. I have completed the following requirements to earn this award.

- _____ I have performed at least 60 minutes of activity or the appropriate number of pedometer steps for at least five days each week.
- _____ I have performed my physical activities for at least 6 weeks.

I certify that I have accomplished the requirements necessary for the **Presidential Active Lifestyle Award**.

Participant Signature

Supervising Adult's Signature



Youth Active Lifestyle Log



Name _____ Grade _____

Instructor _____ Period _____

Week 1	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 2	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 3	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 4	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 5	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 6	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

You can now keep track of your physical activities on our website using our online fitness locker. To open your locker go to www.indiana.edu/~preschal.

NEW**Be a
Role
Model!****Walk
the
Talk!**

What is the Presidential Adult Active Lifestyle Award (PAAL)?

This award is for adults (18 years and older) to earn on their own or by being active with children and youth. By earning this award, adults enhance their own health, serve as role models, and encourage children and youth to live actively.

How to Earn this Award

(Follow these steps . . .)

There are two ways to keep track of physical activity for this award. One way is to accumulate a minimum of 30 minutes of physical activity (either one bout of 30 minutes or shorter segments adding up to 30 minutes). Another way to measure activity is to accumulate 10,000 steps using a pedometer, which measures the number of steps taken during the day. You may do the physical activities either with one or more young persons or on your own.



You may do many different types of activity, but you must gather 30 minutes of activity or 10,000 pedometer steps each day for at least 5 days per week.



Record your activity (or steps) every day for six weeks on the form provided. You can photocopy this form or you can download additional copies of this form from our website at www.indiana.edu/preschal/paalform.pdf



At the end of each week verify your log by signing your name.



When you have successfully completed all six weeks, fill out and have one of the young persons with whom you have been active verify the form by signing.



Congratulations! You have earned the **Presidential Adult Active Lifestyle Award**.

Directions for Recording Physical Activities

Example

Week 1	Activities	# Minutes or Pedometer Steps
Monday	Swimming, Cleaning House	40
Tuesday	Pedometer	10,500
Wednesday	Dance Lessons, Walk the Dog	75
Thursday	Pedometer	10,000
Friday	Softball	30
Saturday	Bicycling	40
Sunday	Hiking with Family	50
Participant Signature		Date

Pedometer Goal Setting Option for Earning the PAAL Award

As an option for those who may not currently be able to perform the required number of steps per day we offer the following goal criteria. This option is designed to gradually increase the number of steps per day for the first three times that the PAAL is earned.

	Adults
1st Six Weeks	8,000 steps
2nd Six Weeks	9,000 steps
3rd Six Weeks	10,000 steps
Continue at this level	

For more information about the **Presidential Adult Active Lifestyle Award**, visit our website at:

www.indiana.edu/~preschal

To download additional copies of this form go to www.indiana.edu/~preschal/palaform.pdf

Verification

I would like to submit my form for the **Presidential Adult Active Lifestyle Award**.

_____ I have performed at least 30 minutes of physical activity daily or accumulated 10,000 pedometer steps, alone or with a young person for at least five days each week.

_____ I have performed my physical activities for at least 6 weeks.

I certify that I have accomplished the requirements necessary for the **Presidential Adult Active Lifestyle Award**.

Participant Signature

Child or Youth Signature



Adult Active Lifestyle Log



Name _____

Week 1	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 2	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 3	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 4	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 5	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

Week 6	Activities	# Minutes or Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		Date

You can now keep track of your physical activities on our website using our online fitness locker. To open your locker go to www.indiana.edu/~preschal.

Application to become an Active Lifestyle Model School

Complete the following information:

School name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Website _____

Type of School (Check all that apply) ☐ Elementary ☐ Jr. High ☐ Public ☐ Home School
☐ Middle ☐ Sr. High ☐ Private



A. Total Eligible Enrollment (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2003 or the last official day of school, if earlier. This includes any 6 year olds in kindergarten.

B. Total number of students earning the PALA two or more times during the school year.

C. Percentage: Divide eligible enrollment (A) into the total number eligible (B) and enter the percentage here.

$$\frac{B}{A} \times 100 = \%$$

D. Verify that this percentage is equal to or greater than 35%. Check here ☐

Boys Girls Total

--	--	--

Enter figures here

Boys Girls Total

--	--	--

Enter figures here

--

Enter total % here

Official Certification Must Be Completed in Order to Receive Recognition

I certify that the students listed on this application properly qualified for the Presidential Active Lifestyle Award (PALA) the number of times indicated. These pupils either recorded their amount of physical activity per day or recorded their number of steps per day, five days per week, for a period of six weeks and met the criteria for this award.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

Physical Education Teacher E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Active Lifestyle Award (PALA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

Principal E-mail _____

This free program is based upon the results of the Active Lifestyle Program and objectives outlined in Healthy People 2010. We now offer any school the opportunity to become an Active Lifestyle Model School.

WHAT ARE THE REQUIREMENTS?

This is a free program for all schools. To be eligible schools must have a minimum enrollment of fifty (50) students. Any school that has 35%* or more of their total school enrollment earn the Presidential Active Lifestyle Award (PALA) two or more times during the school year is eligible. (Please note: Students earn a sticker to be placed over stars on the certificate each six weeks that the award is earned.)

* Based on Healthy People 2010, Objective 22.6

WHAT DO YOU RECEIVE?

Active Lifestyle Model Schools receive a school certificate of recognition as well as certificates of recognition and embroidered bars to be placed underneath the PALA emblem for all students who earned the PALA two times or more during the school year. Model Schools will also be listed on the President's Challenge website.

IS THERE A DEADLINE FOR THE APPLICATION?

Applications are accepted year round; there is no deadline date. However, in order to receive Model School bars indicating the previous school year, we ask that you postmark your application by July 1, 2003. After this date all Model School bars sent will indicate the following school year.

HOW TO ENTER

1. Complete your President's Challenge Active Lifestyle program for the school year.
2. Complete the application form for the Active Lifestyle Model School (located on this page).
3. Complete the list of those who earned the Presidential Active Lifestyle Award (PALA) two or more times during the school year. (Note: This form is located on the reverse side of this page and may be photocopied if necessary.)
4. Return the application form and the list of winners to the President's Challenge office at the following address by July 1, 2003 in order to receive bars indicating the previous school year:

The President's Challenge
Attn: Model School Entries
400 E. 7th Street
Bloomington, IN 47405-3085
Fax: 812-855-8999

This form may be photocopied

Instructions for the Physical Fitness Program

For use when qualifying students for the Presidential, National and Participant Physical Fitness Awards

Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. **Please use the age of the student at the start of testing when determining award levels.**

Testing Tips: For testing tips on each event you can visit our website at: www.indiana.edu/~preschal.

1. Curl-ups (For testing only - not training)

Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest.



Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."



Scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 20 for qualifying standards.

OR 1a. Partial Curl-ups

Objective: To measure abdominal strength/endurance by maximum number of curl-ups.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student



being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

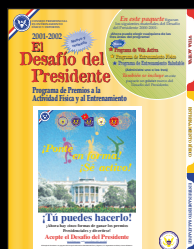


Scoring: Record only those curl-ups done with proper form and in rhythm. See page 20 for qualifying standards.

Rationale: The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

Health and Fitness Resources



Spanish Booklet

The President's Challenge Program Packet is available in a Spanish version. You can order a free copy by calling our office at 800-258-8146 or requesting one from our website: www.indiana.edu/~preschal.



Healthier U.S. Initiative

On June 20, 2002 President Bush announced the new White House initiative to help Americans become healthier. More information about this initiative can be found at <http://www.healthierus.gov/>

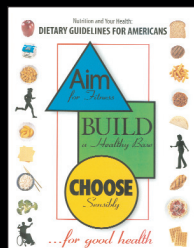


Get Fit!

The Get Fit! booklet for youth ages 6-17 has just been updated. This booklet is a great way for them to find out all about the President's Challenge. It also gives information on all three program areas as well as gives tips on how to earn the awards. You can order copies of this booklet by any of the four ways listed on page 26. Or it can be downloaded at www.indiana.edu/~preschal/getfit.pdf

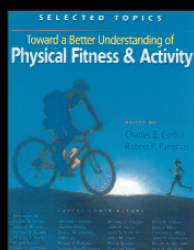
Coming Soon!

The Adult Get Fit Booklet will be available in Spring 2003. This publication will outline strategies for living a healthy and active lifestyle. It will also emphasize how to earn the Presidential Adult Active Lifestyle Award. Look for this great resource coming soon!



Dietary Guidelines for Americans

This 40 page booklet will tell you how to "Aim for fitness . . . Build a healthy base . . . and Choose sensibly for good health." For ordering information contact the Government Printing Office Superintendent of Documents, Mail Stop: SSOP, Washington, DC 20402-9328.



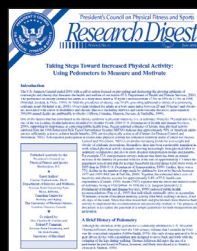
Toward a Better Understanding of Physical Fitness & Activity

This publication is a compilation of papers previously published in the PCPFS Research Digest and is an excellent source of information on all areas of fitness. For more information, or to order a copy, please visit the Holcomb-Hathaway website at <http://www.hh-pub.com/> or call 480-991-7881.

Fitness is Fun!

Fitnessisfun!

This monthly e-mail will keep you informed on the President's Challenge, activities of the President's Council on Physical Fitness and Sports, and on current topics in health and fitness. To subscribe or unsubscribe go to <http://www.indiana.edu/~preschal/resource/emaillists/subscribe.shtml>.



PCPFS Research Digest

This quarterly publication discusses current research in the field of physical activity and fitness. The Research Digest is now available in a downloadable version online at <http://www.indiana.edu/~preschal/digests/digest.html>. You can also sign up to be notified when each issue of the digest is available to view online. To subscribe or unsubscribe go to <http://www.indiana.edu/~preschal/resource/emaillists/subscribe.shtml>.



Surgeon General's Call to Action

A Call to Action to Prevent and Decrease Overweight and Obesity was made by the Surgeon General. This publication outlines goals for decreasing the number of overweight and obese Americans. The Call to Action can be downloaded at <http://www.surgeongeneral.gov/topics/obesity/>



The President's Challenge Pedometers

We now offer two different pedometers for your use with the Active Lifestyle Program.



The StepLinq is our basic pedometer that will keep track of the number of steps that you take in a day. It features the phrase Active Lifestyle on the outside, a recessed reset button, and a spring belt clip. This pedometer is great for the younger kids.

The TrekLinq is our more advanced pedometer that will keep track of the number of steps in a day, distance, speed, time elapsed during exercise, calories, time of day, as well as archiving and scanning features. It features the President's Challenge logo on the cover, a spare battery, and a belt clip. This pedometer is great for older kids and adults.

Websites

For more information on the President's Challenge Physical Activity and Fitness Awards Program please visit our website at www.indiana.edu/~preschal.

For more information on the President's Council on Physical Fitness and Sports please visit their website at www.fitness.gov.

Instructions for the Physical Fitness Program

For use when qualifying students for the Presidential, National and Participant Physical Fitness Awards

Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. **Please use the age of the student at the start of testing when determining award levels.**

Testing Tips: For testing tips on each event you can visit our website at: www.indiana.edu/~preschal.

1. Curl-ups (For testing only - not training)

Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest.



Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."



Scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 20 for qualifying standards.

OR 1a. Partial Curl-ups

Objective: To measure abdominal strength/endurance by maximum number of curl-ups.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student



being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.



Scoring: Record only those curl-ups done with proper form and in rhythm. See page 20 for qualifying standards.

Rationale: The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

2. Shuttle Run

Objective: To perform shuttle run as fast as possible.

Testing: Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite



line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.



Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 20 for qualifying standards.

3. Endurance Run/Walk

Objective: To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



Scoring: Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Option for 6-7 years old ... 1/4 mile

Option for 8-9 years old ... 1/2 mile

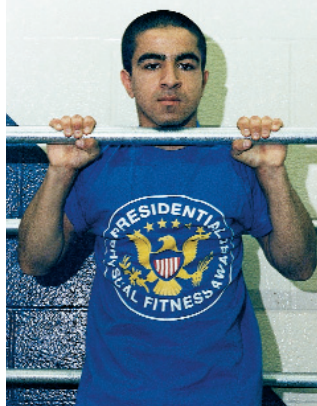
Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 20 for qualifying standards.

Rationale: Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile run; however some teachers find it easier to administer a shorter run which does provide good information on cardio-respiratory endurance of young children.

4. Pull-ups

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing: Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.



Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 20 for qualifying standards.

OR 4a. Right Angle Push-ups

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is



a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

Scoring: Record only those push-ups done with proper form and in rhythm. See page 20 for qualifying standards.

Rationale: The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

(continued on next page)

OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective: To maintain flexed-arm hang position as long as possible.

Testing: Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring: Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 20 for qualifying standards.

5. V-Sit Reach

Objective: To measure flexibility of lower back and hamstrings.

Testing: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down and places



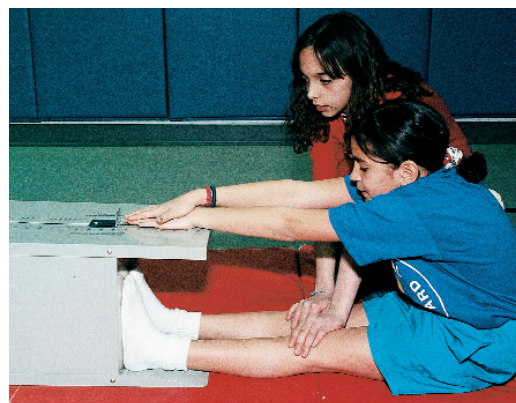
them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 20 for qualifying standards.

OR 5a. Sit and Reach

Objective: To measure flexibility of lower back and hamstrings.

Testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the web site or by contacting the President's Challenge



office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 20 for qualifying standards.

Qualifying Standards

Also available
as a Wall Chart!
See Order Form
on Page 27.

Please Note: Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

The Presidential Physical Fitness Award (This represents the 85th percentile.)



	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE (min:sec) 1/4 mile	OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
	16	56	73	8.7	+6.0	38	6:08			11	44
	17	55	66	8.7	+7.0	41	6:06			13	53
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

The National Physical Fitness Award (This represents the 50th percentile.)



	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE (min:sec) 1/4 mile	OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)	FLEXED-ARM HANG (sec)
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

The Participant Physical Fitness Award

Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.

Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.



Entry Form

2002-2003 State Champion Physical Fitness Award

Complete the following information:

School name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Website _____

Type of School ☐ Elementary ☐ Jr. High ☐ Public ☐ Home
(Check all that apply) ☐ Middle ☐ Sr. High ☐ Private ☐ School



Deadline:

Entries must be postmarked by July 1, 2003.
No entries will be processed after this deadline.

A. Total Eligible Enrollment:* This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2003 or the last official day of school, if earlier.

**This includes any 6 year olds in kindergarten.*

B. Total Number Qualifying for Presidential Award:
Number of pupils qualifying for the Presidential Physical Fitness Award during the 2002-2003 school year.

C. Percentage: Divide Total Eligible Enrollment figure (A) into Total Number Qualifying (B)

$$\frac{B}{A} \times 100 = \%$$

Category

Circle one

I II III

Boys	Girls	Total
<input type="text"/>	<input type="text"/>	<input type="text"/>

Enter figures here

Boys	Girls	Total
<input type="text"/>	<input type="text"/>	<input type="text"/>

Enter figures here

<input type="text"/>

Enter total % here

Official Certification Must Be Completed to Enter the Competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

Physical Education Teacher E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

Principal E-mail _____

Please make a photocopy of this form for your records.

To enter the State Champion Award Program
mail this completed form along with your list of presidential winners to:

The President's Challenge
Attn: State Champion Entries
Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405-3085
Fax: 812-855-8999

CATEGORIES

The State Champion Award is annually presented to three schools in each state, those in the following categories, with the largest percentage of their students qualifying for the **Presidential Physical Fitness Award (individual scores of the 85th percentile or higher on The President's Challenge)**:

Category 1. Schools with 50-200 student enrollment*

Category 2. Schools with 201-500 student enrollment

Category 3. Schools with over 500 student enrollment

Only **Schools** will be considered for the State Champion Physical Fitness Award.

**no schools less than 50 students.*

FREE AWARDS!

Winning schools in each of the three categories will receive a distinctive award certificate and recognition on the President's Challenge website. Every student who helps their school become a state champion by earning the Presidential Physical Fitness Award will receive an embroidered "rocker" emblem to be placed directly below the Presidential Award emblem and a certificate of recognition. These awards are provided free of charge. Winning schools are also eligible to order State Champion Award T-Shirts.

NOTIFICATION

All schools entering the State Champion program will be notified on October 1, 2003. Winners will also be listed on the President's Challenge web site at www.indiana.edu/~preschal.

TO ENTER

State Champion Physical Fitness Award Guidelines:

- 1.) Complete your President's Challenge testing for the 2002-2003 school year.
- 2.) Complete the entry form for the 2002-2003 State Champion Physical Fitness Award (located on this page).
- 3.) Complete the Class Composite Record indicating the scores of all youth tested at 85% or better (located on page 22). Note: This form may be photocopied.
- 4.) Include the Full Name and Complete Test Scores of each student who scored at or above the 85th percentile on the Class Composite Record.
- 5.) ENTRIES MUST BE POST-MARKED NO LATER THAN JULY 1, 2003.

To protect the integrity of the program, the State Champion Award Guidelines listed above must all be followed.

Instructions for Health Fitness Program

The President's Challenge is providing interested teachers and youth leaders with a health criterion-referenced award as an alternative to the traditional Physical Fitness Awards. This Health Fitness Award (HFA) can be earned by youngsters whose test scores meet or exceed the specified health criteria on each of the five items comprising The President's Challenge Health Fitness Test listed below. Award standards are based upon health-related criteria adapted from several sources as indicated in the table below.

While teachers may choose to administer both The President's Challenge Physical Fitness Test and The President's Challenge Health Fitness Test to their students, it is not intended that students should receive awards from both tests. Although if a teacher so chooses, both awards can be ordered. The PALA may be earned in conjunction with either the President's Challenge Physical Fitness or Health Fitness Award.

Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award.

Use criterion referenced standards listed on this page.

1. Partial Curl-ups
See page 16
2. Endurance Run/Walk with distance option
See page 17
3. V-Sit Reach or Sit and Reach option
See page 19
4. Right Angle Push-ups or Pull-ups option
See page 18

5. Body Mass Index (BMI)

Objective: To estimate body composition

Testing: Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 24), or use formula:

$$Wt (kg) / Ht (m)^2$$

$$Wt [2.2 \text{ lbs} = 1 \text{ kg}] \quad Ht [1 \text{ inch} = 0.0254 \text{ m}]$$

Example: A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727 \text{ m})^2} = \frac{70}{2.98} \approx 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.

—OR—

A BMI calculator can be found on the President's Challenge website at www.indiana.edu/~preschal/hfa/bodymassindex/bmi_calculator.shtml.

Rationale: Body composition is an important component of physical fitness. Body mass index is one method to estimate this fitness component.



The Health Fitness Award

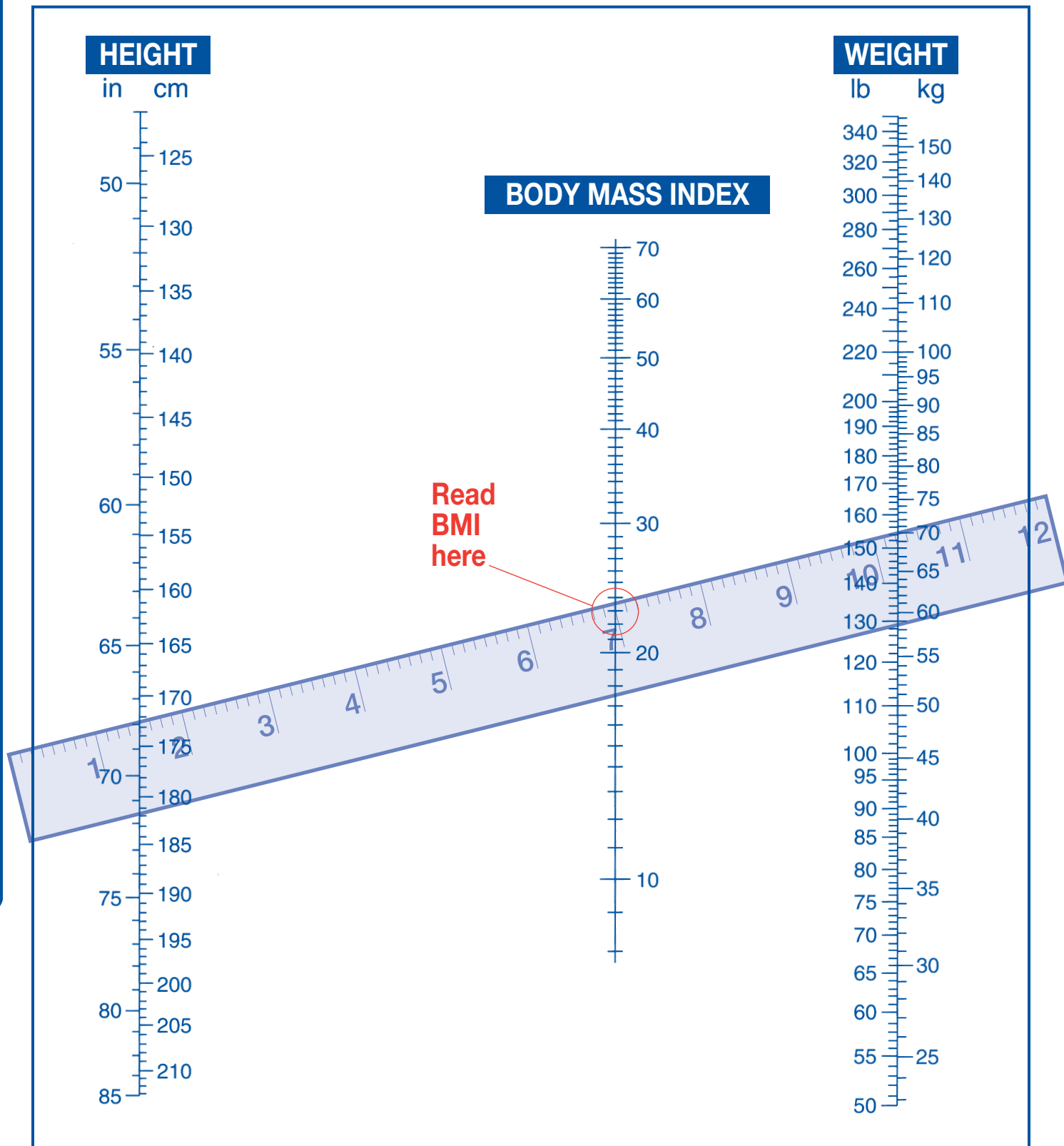


	AGE	PARTIAL CURL-UPS (#)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION 1/4 mile (min:sec)	1/2 mile (min:sec)	V-SIT REACH (inches)	OR	SIT AND REACH (centimeters)	RT. ANGLE PUSH-UPS (#)	OR	PULL-UPS (#)	BMI (range)
BOYS	6	12	13:00		2:30		1		21	3		1	13.3-19.5
	7	12	12:00		2:20		1		21	4		1	13.3-19.5
	8	15	11:00			4:45	1		21	5		1	13.4-20.5
	9	15	10:00			4:35	1		21	6		1	13.7-21.4
	10	20	9:30				1		21	7		1	14.0-22.5
	11	20	9:00				1		21	8		2	14.0-23.7
	12	20	9:00				1		21	9		2	14.8-24.1
	13	25	8:00				1		21	10		2	15.4-24.7
	14	25	8:00				1		21	12		3	16.1-25.4
	15	30	7:30				1		21	14		4	16.6-26.4
	16	30	7:30				1		21	16		5	17.2-26.8
	17	30	7:30				1		21	18		6	17.7-27.5
GIRLS	6	12	13:00		2:50		2		23	3		1	13.1-19.6
	7	12	12:00		2:40		2		23	4		1	13.1-19.6
	8	15	11:00			5:35	2		23	5		1	13.2-20.7
	9	15	10:00			5:25	2		23	6		1	13.5-21.4
	10	20	10:00				2		23	7		1	13.8-22.5
	11	20	10:00				2		23	7		1	14.1-23.2
	12	20	10:30				2		23	8		1	14.7-24.2
	13	25	10:30				3		25	7		1	15.5-25.3
	14	25	10:30				3		25	7		1	16.2-25.3
	15	30	10:00				3		25	7		1	16.6-26.5
	16	30	10:00				3		25	7		1	16.8-26.5
	17	30	10:00				3		25	7		1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



A BMI calculator can be found on the President's Challenge website at www.indiana.edu/~preschal/hfa/bodymassindex/bmi_calculator.shtml.

Example: Use same example as shown on page 23.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine; A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

How to Order

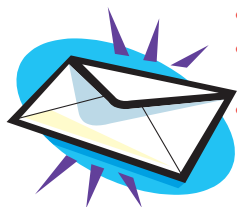


Four Easy Ways To Order!



Order by Mail:

Poplars Research Center, 400 E. 7th Street
Bloomington, IN 47405-3085



- Orders accepted YEAR ROUND!
- Orders must be accompanied by payment or an official purchase order.
- Delivery Time: 18 days from receipt of order at our program office (please allow 5-7 days for U.S. mail delivery of your order to our program office!!)
For Example: If we receive your order at our program office on April 1st, you will receive your order on or before April 19th.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- Mail orders and inquiries:
The President's Challenge, Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405-3085



Order by Fax:

(1-812-855-8999)



- Orders accepted YEAR ROUND by Fax/24 hours a day. Orders must be completely filled out and a phone number included where you may be contacted.
- Institutional purchase order or charge (MasterCard or Visa) requested for all Fax orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by Fax please **do not** send a confirming order as a duplication may result.



Order by Phone:

(1-800-258-8146)



- Orders accepted YEAR ROUND!
- To place orders OR if you have questions or inquiries.
- Business Hours: 8 AM to 5 PM Monday through Friday.
- Institutional purchase order or charge (MasterCard or Visa) requested for phone orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by phone please **do not** send a confirming order as a duplication may result.



Order Online:

(<http://www.indiana.edu/~preschal>)



- Orders accepted YEAR ROUND via the Internet/24 hours a day/365 days per year.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order online please **do not** send a confirming order as a duplication may result.



Rush Orders: *Extra Charge*

- Delivery Time: Four business days from receipt of order at our program office.

For Example: If we receive your order at our program office on a Monday, you will receive your order on or before Friday.

- Cost: To place a RUSH order, just add in 25% of the subtotal or \$25.00 (**whichever is greater**) on the appropriate line of the order form.

Please order early!

Policies

- International Orders Policy: All international orders shipped U.S. Postal Service. No international rush orders accepted.
- Incomplete Order Policy: Upon receipt of your order, please verify contents for accuracy. If your order is incomplete please contact the program office immediately.
- Refund Policy: Sorry, no refunds or exchanges for award materials. Exception—**Certificates bearing signatures of former presidents will be exchanged at no cost. Be sure to send your address when exchanging certificates.**

The 2002-2003 President's Challenge Program Order Form

Ship to:

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____ State _____ Zip Code _____

E-mail _____

☐ Check if you would like to be added to our e-mail list.

Phone Number (_____) _____

Billing Address (if different than above):

Name (Required) _____

School/Organization _____

Address _____

City _____ State _____ Zip Code _____

Phone Number (_____) _____

☐ Check/Money Order # _____☐ Card Number _____
(Only MasterCard and Visa accepted)

Signature: _____ Exp. Date: _____

☐ Bill us (institutional purchase orders only).

Purchase Order # _____

Please fill out the section below

(To help us expedite your order please fill out completely.)

1.) School: ☐ Elementary ☐ Middle ☐ Junior High ☐ Senior High
☐ Homeschool ☐ Not a school (skip to Question 5)2.) How is your school or agency classified? ☐ Public ☐ Private

3.) What is your school's approximate enrollment? _____

4.) Does your School District require you to use
The President's Challenge program? ☐ Yes ☐ No

5.) How many youth participated? Males _____ Females _____

6.) How many qualified for each award?

PALA Presidential National Participant HFA

Male _____

Female _____

7.) How many students with disabilities participated? _____

How many students with disabilities qualified
for each award? PALA _____

Presidential _____

National _____

Participant _____

HFA _____

8.) How did you learn about the program? (Please check ONE)

a) Direct Mail ☐ d) National Convention ☐b) Contact by Phone ☐ e) Fellow teacher ☐

c) Media: _____ or administrator

TV ☐ f) Professional association ☐Newspaper ☐ g) World Wide Web ☐Magazine ☐ h) Other _____ ☐9.) Are you a previous user? ☐ Yes ☐ No

If yes, how many years? _____

Description	Unit Price	Quantity	Amount
Presidential Active Lifestyle Awards:			
PALA Set (Student) (emblem, certificate, stickers)	(100) \$01.75		
PAAL Set (Adult) (emblem, certificate, stickers)	(101) \$01.75		
PALA Certificate (Student)	(110) \$00.50		
PAAL Certificate (Adult)	(111) \$00.50		
PALA/PAAL Stickers	(120) \$00.30		
PALA Bumper Stickers (Student)	(130) \$00.25		
TrekLinq Pedometer	(140) \$15.00		
StepLinq Pedometer	(141) \$12.00		
Presidential Physical Fitness Awards:			
1st Year Presidential Emblem	(001) \$01.50		
2nd Year Presidential Emblem	(002) \$01.50		
3rd Year Presidential Emblem	(003) \$01.50		
4th Year Presidential Emblem	(004) \$01.50		
5th Year Presidential Emblem	(005) \$01.50		
6th Year Presidential Emblem	(006) \$01.50		
7th Year Presidential Emblem	(007) \$01.50		
8th Year Presidential Emblem	(008) \$01.50		
9th Year Presidential Emblem	(009) \$01.50		
10th Year Presidential Emblem	(010) \$01.50		
11th Year Presidential Emblem	(011) \$01.50		
12th Year Presidential Emblem	(012) \$01.50		
No Numeral Presidential Emblem	(013) \$01.50		
Presidential Award Certificate	(014) *		
Presidential Award Certificate	(015) \$00.50		
National Emblem	(020) \$01.25		
National Award Certificate	(021) \$00.25		
Participant Emblem	(022) \$00.75		
Participant Certificate	(023) \$00.25		
Presidential Magnet	(041) \$00.75		
National Magnet	(042) \$00.75		
Participant Magnet	(046) \$00.50		
Presidential Bumper Sticker	(043) \$00.25		
National Bumper Sticker	(044) \$00.25		
Health Fitness Awards:			
Health Fitness Emblem	(024) \$01.25		
Health Fitness Certificate	(025) \$00.25		
President's Challenge Instructor Emblem	(040) \$01.75		
Slide Chart	(045) \$03.00		
2002-2003 Poster (17" x 22")	(050) \$01.00		
Awards Wall Chart (16 1/2" x 22 3/4")	(051) \$01.00		
Get Fit! Handbook (Qty of 1-99) ea.	(060) \$01.25		
Get Fit! Handbook (Qty of 100+) ea.	(061) \$01.00		
Official Student Award T-Shirts (bring total forward from page 28)			

Shipping & Handling:
(Foreign orders must be prepaid
in U.S. currency.)

Less than \$10.00 = \$4.00
 \$10.00-\$24.99 = \$5.00
 \$25.00-\$49.99 = \$6.00
 \$50.00-\$99.99 = \$7.00
 \$100 or more = 8% of subtotal

Sub-Total (+)
Rush Charge
 (25% of Sub-Total or \$25.00
 whichever is greater)
(+)
Shipping & Handling (=)
GRAND TOTAL

*With each Presidential Emblem order, you receive a free Presidential Award Certificate. If you need additional Presidential Certificates without a Presidential Emblem, they are available for \$.50 each (see item "Presidential Award Certificates"—Code 015).

Don't forget to include your T-Shirt Order Form!

Please Note: Please allow 18 days from receipt of your order at our program office for delivery of your awards.

This form may be photocopied.

President's Challenge Award T-Shirts



A PRESIDENTIAL ACTIVE LIFESTYLE AWARD T-SHIRT

Oxford grey with silkscreened logo on chest.

Youth: Medium–Large or Adult: Small–XX–Large

B PRESIDENTIAL ADULT ACTIVE LIFESTYLE AWARD T-SHIRT

Oxford grey with silkscreened logo on chest and ADULT just above eagle head.

Adult: Small–XX–Large

C PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT

Royal blue with silkscreened logo on chest.

Youth: Medium–Large or Adult: Small–XX–Large

D NATIONAL PHYSICAL FITNESS AWARD T-SHIRT

Red with silkscreened logo on chest.

Youth: Medium–Large or Adult: Small–XX–Large

E PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT

White with silkscreened logo on chest.

Youth: Medium–Large or Adult: Small–XX–Large

F HEALTH FITNESS AWARD T-SHIRT

Navy blue with silkscreened logo on chest.

Youth: Medium–Large or Adult: Small–XX–Large

G PRESIDENT'S CHALLENGE INSTRUCTOR T-SHIRT

White with navy blue rings on sleeves/collar and silkscreened logo across chest. **This style will change annually.** Adult: Small–XX–Large

NOTE: All t-shirts are 5.6 oz. 100% preshrunk cotton. See size chart below.

Size Chart	S	M	L	XL	XXL
Mens	34-36	38-40	42-44	46-48	50
Womens (Bust)	34-36	38-40	42-44	N/A	N/A
Womens (Blouse)	10-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

To place t-shirt orders phone 800-258-8146 or use the order form on page 27. Please include this page if using the order form. You can FAX your order form to our office at 812-855-8999.

Student Award Shirts			You can FAX your order form to our office at 612 686 6666.											
Description	Code	Color	S	M	L	XL	2XL	Total Quantity	1-11	12-23	24-143	144+	Total	
Adult PALA Tee	065	Grey							8.50	7.75	7.25	6.90		
Youth PALA Tee	066	Grey	n/a			n/a	n/a		7.35	6.60	6.10	5.75		
Adult PAAL Tee	067	Grey							8.50	7.75	7.25	6.90		
Adult Presidential Award Tee	070	Royal Blue							8.50	7.75	7.25	6.90		
Youth Presidential Award Tee	071	Royal Blue	n/a			n/a	n/a		7.35	6.60	6.10	5.75		
Adult National Award Tee	072	Red							8.50	7.75	7.25	6.90		
Youth National Award Tee	073	Red	n/a			n/a	n/a		7.35	6.60	6.10	5.75		
Adult Participant Award Tee	074	White							8.50	7.75	7.25	6.90		
Youth Participant Award Tee	075	White	n/a			n/a	n/a		7.35	6.60	6.10	5.75		
Adult Health Fitness Tee	080	Navy							8.50	7.75	7.25	6.90		
Youth Health Fitness Tee	081	Navy	n/a			n/a	n/a		7.35	6.60	6.10	5.75		
Adult Instructor Tee	090	White							9.95	9.25	8.75	8.50		
Total to be transferred to page 27														

Please contact our office for return and exchange authorizations.

Software

FitnessTracker 3.0 www.msfitnesstracker.com

The official software of the President's Challenge

With *FitnessTracker 3.0*, you can now keep track of your students' scores on your desktop computer. This software allows you to:

- Qualify participants for the Physical Fitness or Health Fitness Awards
- Automatically calculate award levels for students
- Keep track of your students from year to year and follow their scores through all ages and grade levels
- Print out results of each student's scores and provide recommendations on how to improve scores in the future
- Print out charts of current standards for males and females of all ages
- Provide results and percentages of those achieving various award levels
- Group students into classes before entering results for faster data entry

Hardware Requirements

- PC with Pentium-class or faster processor
- Microsoft Windows® 95, Windows® 98, Windows® 2000, Microsoft Windows ME, or Windows NT® 4.0 (with Service Pack 3 or greater)
- 16 MB of RAM for Windows® 95 or Windows® 98
- 32 MB of RAM for Windows NT®, Windows® 2000 or Windows ME
- 30 MB hard disk space
- CD-ROM drive for installation

Pricing and Licensing

(S&H \$10.95 for 1st copy, \$4.95 ea. add'l copy)

Cost for *FitnessTracker 3.0* is \$99.95 for each of the first three copies and \$89.95 for each additional copy.

FitnessTracker 3.0 is provided with a school site license. This entitles the purchasing school to use the software on any of its computers or those owned by its staff, but only for students of that school. Visit the MicroServices Web site at www.msfitnesstracker.com to find out more and to see actual screenshots from the software. Visit the *FitnessTracker* web site at www.msfitnesstracker.com for information about upgrading to the new 3.0 version.

Send your software order to:

MicroServices
14 Harmony Lane
Denville, NJ 07834-2451

For questions and additional purchasing information contact:

Phone: (973) 627-1781
E-mail: support@msfitnesstracker.com

FitnessTracker 3.0 Order Form

Ship to:

Name _____
School/Organization _____
Address _____
City _____ State _____ Zip _____
E-mail _____

Number of copies _____ x \$ _____ = \$ _____

S&H (\$10.95 1st copy) \$ 10.95

(\$4.95 ea add'l copy) \$ _____

Total \$ _____

First three copies @ \$99.95 ea.
Additional copies @ \$89.95 ea.

S&H (\$10.95 1st copy;
\$4.95 ea add'l copy)

Bill to:

Name _____
School/Organization _____
Address _____
City _____ State _____ Zip _____
Phone (_____) _____
☐ Check No. _____ ☐ Money Order No. _____
☐ Purchase Order No. _____

"I have been waiting for this for a long time! Thank you . . . this is GREAT!"

—Pat Weiland, Physical Education Instructor, Ft. Thomas, KY

“Better health is an individual responsibility, and it is an important national goal. When it comes to your health, even little steps can make a big difference. When America and Americans are healthier, our whole society benefits. If you’re interested in improving America, you can do so by taking care of your own body. Take a small step for America by exercising on a daily basis!”

—President George W. Bush,
Remarks at the White House Fitness Expo
June 20, 2002

“We need a healthier, stronger nation of individuals to be a healthier, stronger nation. So we’re encouraging everyone to be more physically fit, to be more aware of what it means to be physically fit.”

—Lynn Swann, Chair
President’s Council on Physical Fitness
and Sports



Do Your Part To Make It “A Healthier U.S.”
(As outlined by President George W. Bush, June 20, 2002)

1. Be Physically Active Each Day
2. Eat a Nutritious Diet
3. Get Preventative Screenings
4. Make Healthy Choices

<http://www.healthierus.gov/>



THE PRESIDENT’S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS
200 Independence Ave., SW
Room 738H
Washington, DC 20201
Web Site www.fitness.gov

THE PRESIDENT’S CHALLENGE
400 East 7th Street
Bloomington, IN 47405-3085
Phone 1-800-258-8146
Web Site www.indiana.edu/~preschal
E-mail Address preschal@indiana.edu

